

# Hawaii Marine

## MRF-D ‘Docs’ celebrate 115 years of US Navy Hospital Corps

**Sgt. Sarah Fiocco**  
*Marine Rotational Force Darwin*

**ROBERTSON BARRACKS, Northern Territory, Australia** — Navy corpsmen attached to Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force Darwin, celebrated 115 years of the U.S. Navy Hospital Corps, June 17.

For three sailors, this day marked more than just the birthday of the Hospital Corps, it doubled as their promotion day.

“You don’t usually remember the specific date you pick up,” said newly promoted Petty Officer 2nd Class Nathan Hatton, hospital corpsman, Lima Co., 3rd Bn., 3rd Marines, MRF-D. “It means a lot to be promoted on the corpsman birthday. I’ll always remember it.”

Since World War I, corpsmen have provided Marines with medical aid on the battlefield, earning their own distinctions. Corpsmen earned a total of 684 personal awards during World War I, including two Medals of Honor, 55 Navy Cross Medals and 237 Silver Star Medals.

The birthday reminded the Marines of those sacrifices made by corpsmen on the battlefield.

“I’m absolutely flabbergasted by the professionalism and the mental and physical toughness of the corpsman I’ve had the privilege of serving with,” said Capt. Raymond L’Heureux, commanding officer, Lima Co., 3rd Bn., 3rd Marines, MRF-D. “I watched the corpsman I served with in Iraq do phenomenal things above and beyond the call of duty. Every corpsman I served with in Iraq came back with purple hearts and personal awards because of the things they did for us in combat.”

In addition to carrying their medical gear in the field and in a combat zone, L’Heureux pointed out that corpsmen also carry the same gear as Marines.

“You guys do great things out there with just keeping our Marines safe, healthy and allowing them to continue to fight,” L’Heureux stated. “You guys also go out there and bring the fight to the enemy. I’ve watched many of you pounding the streets of Afghanistan with a rifle in your hand. You guys are just as



Sgt. Sarah Fiocco | Marine Rotational Force Darwin

Navy Seaman Chris Walerysiak (left), hospital corpsman, and Navy Chief Petty Officer Eduardo Magpayo (right), senior medical representative, Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force Darwin cut the first slice of cake during the U.S. Navy Hospital Corps birthday celebration at Robertson Barracks, Northern Territory, Australia, June 17. This marks the 115th anniversary of the U.S. Navy Hospital Corps’ establishment.

much warriors as the infantry guys.”

The Marines have a high regard for their corpsmen, calling them “docs,” a term used to show respect.

“The Marine Corps needs us. We’ve been saving lives as far back as World War I and World War II,” said Chief

Petty Officer Eduardo Magpayo, senior medial representative, Lima Co., 3rd Bn., 3rd Marines, MRF-D. “We’re under one department — The Department of the Navy. We’ve always worked hand-in-hand. They entrust us with their lives.”

## Wounded Warriors earn shooting certification

**Kristen Wong**  
*Marine Corps Base Hawaii*

The crowd in the Kona Room of the Officers’ Club was quiet, save a few whispers. All eyes were on retired Master Sgt. Dionisios Nicholas, who stared straight ahead. Slowly he breathes in, and breathes out, and raised a compressed-air pellet pistol to a target on his left side. A small crack erupted from the pistol, as a pellet pierces the

brown paper target. Just as slowly and methodically, he lowers the weapon to the table.

The wounded warriors and staff of Wounded Warrior Battalion West - Detachment Hawaii watched the multiple gold medalist demonstrate how to operate one of several weapons available to them during a special shooting and training certification event, Monday through Wednesday.

For the first time, certified coaches

instructed Hawaii-based wounded warriors of Wounded Warrior Regiment to earn a level one coaches certification course, followed by training in compressed-air pistol shooting and archery. The course, which is approved by the National Rifle Association, taught students how to shoot a precision pellet air rifle and also small bore shooting.

Upon completion of the course, the participants were equipped to train any of their peers, wounded or not, in this style of shooting. In addition, wounded warriors can use this skill toward competing in the annual Warrior Games, an event reserved for wounded service members, said John Schwent, the head coach of the Marine Corps Wounded Warriors Shooting Team, and retired Marine.

Schwent added that the commanding officer of Wounded Warrior Regiment, Col. Willard A. Buhl, initiated this event in order to help give the warriors training they can use as they return to civilian life.

Schwent and the shooting team’s assistant coach retired Maj. Bill Barker, along with Phil Bryant, a shooting coach and Annaleis Woodsum, an archery coach from Wounded Warrior Battalion West at Marine Corps Base Camp Pendleton, led classroom instruction at the Officers’ Club and the Marine Corps Community Services Archery Range.

Shooting is also an activity in the Warrior Athlete Reconditioning Program, which encourages wounded



Kristen Wong | Hawaii Marine

Master Sgt. Hector Hernandez, a wounded warrior with Wounded Warrior Battalion West - Detachment Hawaii takes a practice aim at a target while shooting at the Marine Corps Community Services Archery Range, Wednesday. The wounded warriors and staff members of the detachment attended a special course to be certified as level one air rifle coaches and level one archery coaches.



Bud Ralston | Courtesy photo

Two young Hawaiian stilts swim near an adult Hawaiian stilt at Nuupia Ponds on Marine Corps Base Hawaii earlier this month. Base personnel and volunteers complete several projects during the year to ensure the birds live to be adults.

## MCB Hawaii protects endangered birds

**Christine Cabalo**  
*Marine Corps Base Hawaii*

Disguised in brown camouflage, they blend into the mud and grass to avoid detection for their survival.

They are infant offspring of Hawaiian stilt, named aeo in Hawaiian, and a species of endangered native birds currently nesting around Nuupia Ponds at Marine Corps Base Hawaii. The base is home to approximately 10 percent of the population, and MCB Hawaii personnel take part in several projects to keep the birds alive.

“We’ve seen a growing population statewide due to increased pest and habitat control,” said Todd Russell, the natural resources manager at the base’s Environmental Compliance and Protection Department. “Their habitat on base is essential to their survival.”

When aeo are newly hatched, their main defense is using their brown fine feathers to conceal themselves in a rocky and muddy habitat. Russell said the chicks are especially vulnerable at this stage because they can’t fly. The infant offspring rely on good camouflage and distractions from adult stilts to escape predators.

“Those first couple of years are the hardest,” Russell said. “But if they make it, their survival rate is very high.”

If they live to adulthood, the birds grow taller with white and black feathers and long pink legs. The aeo is a variety of the species living only in Hawaii, with unique colored patterns. Russell said the birds make nests for eggs from March to mid-September, and right now is the peak season of nesting season.

Marines actively ensure aeo and other native species have room to grow by removing invasive pest plants that push out the birds and their food supply. Combat Assault Company from 3rd Marine Regiment and the environmental department annually host “Mud Ops,” when amphibious assault vehicles train in the mudflats to clear away the invasive mangrove and pickleweed. Mud Ops is held just before birds begin to pair together and when all the birds can fly away safely from the large vehicles.

During the last three years of Mud Ops, Cpl. Matthew McKelvey, a vehicle commander with Combat Assault Company, 3rd Marines, has operated one of the AAVs. He said being able to combine Marine Corps training with conservation efforts makes him proud. McKelvey said the annual training has also been an opportunity to learn more about Hawaii’s natural environment.

“I was surprised at how dangerous invasive plants can be,” said McKelvey, a native of Spring Grove, Ill. “The ecosystem is very fragile.”

Volunteers also clear out invasive plants by hand during Weed Warrior

See **SHOT**, A-8

See **BIRDS**, A-8



**Wardawgz hounded by loss**  
Marines lose 12-6 in flag football, **B-1**



**Fit for fair choices**  
MCB Hawaii personnel offer tips for health, fitness at expo, **C-1**





# NEWS BRIEFS

## Naval Health Clinic Hawaii Independence Day weekend hours

All Naval Health Clinic Hawaii health care operations will be closed Thursday in honor of Independence Day. This includes all medical/dental facilities at Branch Health Clinics Makalapa, Camp Smith, Wahiawa, Marine Corps Base Hawaii, Pearl Harbor Naval Shipyard and Pacific Missile Range Facility Barking Sands. All routine care should be planned prior to or after the holiday weekend. This includes appointment scheduling, prescription refills, laboratory draws, etc. The holiday weekend hours of operation are listed below:

**Friday, July 5:** Only BHC Makalapa will be open from 8 a.m. to 4 p.m. for acute care needs. All other clinics are closed.

**Saturday, July 6:** The urgent care walk-in clinic at Makalapa Clinic will be open from 8 a.m. to noon and 1 to 3 p.m. for acute care needs.

**Sunday, July 7:** All NHCH health care operations will be closed. All clinics will reopen for regular business hours Monday, July 8.

Beneficiaries can speak to a health care provider at anytime the clinics are closed by calling the “Provider After-Hours Advice Line” at 473-0247, ext. 3. For emergencies, dial 911 or go to Tripler Army Medical Center. For active duty dental emergencies, call 864-4705. For NHCH hours of operation, visit <http://www.med.navy.mil/sites/nhch>.

## Be aware of fireworks base order this July 4

Marine Corps Base Hawaii community must observe all base and Corpswide regulations during the upcoming Fourth of July holiday. Per Base Order P11320.6B 9-3 the use or ignition of fireworks is prohibited on base. Fireworks include toy cannons, firecrackers, torpedoes, skyrockets, roman candles, sparklers, or similar items capable of producing a visual or audible effect by combustion or detonation. All firework demonstrations handled by contractors will be coordinated with MCB Hawaii explosive safety officer, who can be contacted at 257-1830. All explosives will be handled and stored as required by the current edition of MCO 8020.13.

## Army to host July 4 celebration for military

U.S. Army Garrison-Hawaii will host a July 4 celebration, open to Department of Defense identification cardholders. This includes military members, their families, military retirees, DoD civilian employees, and their authorized guests. The Fourth of July celebration will begin at 10 a.m. Live entertainment starts at the main stage at 4 p.m. and fireworks at 8:30 p.m. For more information, visit <http://www.himwr.com>.

## Family Housing Department to close Fridays

If furloughs are implemented as currently planned, the Family Housing Department and TLA Offices will close on Fridays. The closures will be for up to 11 days between July 8 and Sept. 30. Customer service hours will be Monday, Tuesday and Thursday 7:30 a.m. to 4 p.m. daily and Wednesday from 7:30 a.m. to 2:30 p.m. Forest City is not affected by the furlough and their hours of operation will remain unchanged. Sponsors should notify inbound families applying for housing and those applying for inbound TLA of this change, so they can plan accordingly when making appointments for assistance. Outbound families residing in 802 housing or those requesting issue or turn-in of loaner furniture (802 and private sector residents only), etc., and personnel requesting outbound TLA should also plan ahead when making appointments. The 802 maintenance office is not affected by the furlough and will continue normal operation. Call Freda Nakamoto at 257-0978 or email [freda.nakamoto@usmc.mil](mailto:freda.nakamoto@usmc.mil) with questions.

## Important phone numbers

On-base emergencies	911
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077

# Hawaii Marine

[www.mcbhawaii.marines.mil](http://www.mcbhawaii.marines.mil)

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Lance Cpl. Janelle Y. Chapman | Hawaii Marine

# HEADQUARTERS Bn. WELCOMES LT. COL. MALDONADO

Lt. Col. Robert K. Maldonado (left) receives the Marine Corps flag from Lt. Col. Carloyn D. Bird, symbolizing Maldonado's reception of command of Headquarters Battalion from Bird at Dewey Square, June 21. Bird was the commanding officer of Headquarters Battalion for two years and is transferring to the Marine Corps War College in Quantico, Va. Maldonado is coming to Headquarters Battalion from 3rd Marine Aircraft Wing. Maldonado said, "I look forward to meeting and working with Headquarters Battalion," Maldonado said. "To all the Marines, sailors, and civilian Marines, I pledge to work hard and enjoy myself. I hope I can meet your standards."

# 3RD RADIO BATTALION UNDER NEW COMMAND



Lance Cpl. Matthew Bragg | Hawaii Marine

Lt. Col. Lyle McDaniel, incoming commanding officer of 3rd Radio Battalion, and Lt. Col. Jon Halverson, outgoing commanding officer of 3rd Radio Battalion, salute service members and the colors as they march by for pass and review during a change of command ceremony at Dewey Square aboard Marine Corps Base Hawaii, June 21. As per tradition, the incoming and outgoing commanding officers salute the unit and the colors as they march by at the end of the ceremony.



Photos by Lance Cpl. Matthew Bragg | Hawaii Marine

# ‘KINGS OF BATTLE’ WELCOME NEW SERGEANT MAJOR

**ABOVE:** Sgt. Maj. Paul Davis, outgoing sergeant major of 1st Battalion, 12th Marine Regiment, receives a merit of appreciation to his accomplishments with the battalion during his Relief and Appointment Ceremony on Marine Corps Base Hawaii, Thursday. Sgt. Maj. William Burton, incoming sergeant major of 1st Bn., 12th Marines, relieved Davis of his billet.

**RIGHT:** Lt. Col. Michael Roach, commanding officer of 1st Battalion, 12th Marine Regiment (left), hands the noncommissioned officer's sword to Sgt. Maj. William Burton, incoming sergeant major for 1st Bn., 12th Marines, right, at Dewey Square aboard Marine Corps Base Hawaii, Thursday. Burton assumed his duty as sergeant major of the battalion after relieving Sgt. Maj. Paul Davis, outgoing sergeant major.





# AROUND THE CORPS

## Combat Center Marines save life

**Cpl. William Jackson**

*Marine Corps Air Ground Combat Center, Twentynine Palms*

**MARINE CORPS AIR GROUND COMBAT CENTER, TWENTYNINE PALMS, Calif.** — They were all strangers. The three of them had never met before that evening. Their weekend had just begun like any other. Little did they know they would be thrown into a situation that would save a fellow Marine's life after her motorcycle collided with a car on Highway 62.

Marines are trained for combat, an unknown scenario where any and every piece of information can help save lives. Combat is surreal; no situation is ever the same. Marines are trained to be responders, not bystanders.

But, when the situation calls for it, Marines can save lives. It was moral courage that made three Marines stop, but instinct and combat training were the reasons they were able to save a life.

In the early evening of June 7, a collision between a motorcycle driven by a Marine from the Marine Corps Air Ground Combat Center in Twentynine Palms and a car occurred on the local highway miles from base. The motorcyclist was seriously injured and was bleeding profusely from a leg injury.

This was the opportunity for three Marines to save her life. This is the account from a Marine who watched it happen.

Lt. Col. John Thurman, commanding officer of Marine Unmanned Aerial Vehicle Squadron 3, pulled over, naturally wanting to provide support to anybody hurt in the accident. What he didn't expect was to see three Marines, from different military and personal backgrounds, working together to save another stranger's life.

Cpl. Kyle Wells, 22, a motor transportation operator with 3rd Battalion, 7th

Marine Regiment, was the first on the scene. Within seconds Cpl. Nathaniel Navarro, 21, a mortarman with 2nd Battalion, 7th Marine Regiment, and Lance Cpl. Joshua Phelps, 20, a machine gunner with 3rd Battalion, 4th Marine Regiment, rushed to the motorcyclist's aid.

Traffic had crawled to a stop. Debris from a car and motorcycle accident covered the westbound lanes. The two people in the car were safe — minor injuries. The motorcyclist, Cpl. Rebecca Fletcher, of Marine Unmanned Aerial Vehicle Squadron 1, lay unconscious 20 feet north of the highway, with a partially amputated right leg above the knee.

"It seemed like they had the situation under control," Thurman said.

Wells instinctively used Fletcher's belt to stem the flow of blood. Navarro automatically drove his knee into her femoral artery, slowing the blood even more. Joshua grabbed a stick and made an impromptu tourniquet and continued to apply pressure with his hands.

Nearly five minutes had passed since the accident and Fletcher was still unconscious. The three Marines were the only ones to provide first aid. Five more minutes passed and Fletcher began to regain consciousness.

"(The Marines) were calm and they were cool," Thurman said. "They had effectively recognized the life-threatening injury the victim had and they were effectively treating it. They were on it."

A trauma nurse who also arrived on the scene as a passerby had begun to assess Fletcher's physical and mental state as she regained consciousness.

"Do you know what your name is?" the nurse asked.

"Becky," she replied.

Despite her attempts to move, the three Marines effectively calmed her down while maintaining pressure on her wound, no doubt saving her life. For the next 10 minutes, the trauma nurse



Cpl. William Jackson | Marine Corps Air Ground Combat Center, Twentynine Palms

**Sgt. Maj. Anthony A. Spadaro, sergeant major of 3rd Marine Aircraft Wing, speaks with Cpl. Nathaniel Navarro, mortarman, Weapons Company, 2nd Battalion, 7th Marine Regiment, and Lance Cpl. Joshua Phelps, machine gunner, 3rd Battalion, 4th Marine Regiment, June 18. The Marines are credited with rendering aid to a fellow Marine.**

continued to ask Fletcher questions to keep her conscious.

"My initial thoughts were just trying to assess the situation and find out what was the priority in what needed to be accomplished," Thurman said. "Those three (Marines) were already doing it. The priority was the lifesaving first aid and those three guys had already done it."

Nearly 35 minutes after the accident, the firefighters and paramedics arrived. Wells, Navarro and Phelps continued to administer their lifesaving techniques as emergency personnel gave her oxygen and a splint to her right leg.

"They were perfect," Thurman said. "They acted as we would expect Marines to act in an emergency situation. They responded to the emergency,

they assessed what needed to be done and they acted without guidance or instruction. There were a lot of people who kept driving by and stood to the side. It says something about the quality of our young Marines and that they are living up to the expectations that we expect of them."

The three Marines helped lift Fletcher onto a backboard and a stretcher. She was transported by ambulance to a nearby landing zone, then airlifted to Palms Springs, where her leg amputation was surgically completed at the hospital.

"They are good kids, those young Marines," Thurman said. "It was good to see them do everything that they should do without guidance and without asking. They just took charge because they realized what needed to be done."

## CMC, SMMC visit Camp Leatherneck Marines, sailors

**Cpl. Lia Adkins**

*Regional Command Southwest*

**CAMP LEATHERNECK, Afghanistan** — Commandant of the Marine Corps Gen. James F. Amos and Sergeant Major of the Marine Corps Sgt. Maj. Micheal P. Barrett visited with Marines and sailors aboard Camp Leatherneck, Afghanistan, June 19.

The visit was centered on keeping service members informed about various current events outside Afghanistan and within the Marine Corps. During the trip, Amos and Barrett visited Marines with Regimental Combat Team 7, Combat Logistics Regiment 2, 2nd Marine

Aircraft Wing (Forward) and the Afghan National Army 215th Corps Security Force Assistance Advisor Teams during their tour.

Amos focused on the progress coalition forces have made in Afghanistan and how the Marines play a large role in the mission, just as they did in Iraq. He said when he talks to younger Marines most of them have never seen Iraq.

"They just hear the stories," said Amos. "Some of those towns we fought very hard for in Iraq. As the fighting stopped and the transition took place it was like a light switch went out. I remind everyone, 'When was the last time you saw places

such as Ramadi or Fallujah in the news?'"

Amos recalled how some of the Marines, who had played a part in the Iraq mission, had given so much that they couldn't stand to see it fail. He said Marines serving in Afghanistan would feel the same when their mission here is over, but they all still had a job to finish.

"You need to know how you fit in here," he said, addressing the Marines and sailors. "I couldn't be more proud of you. We are right where we need to be, but we have to finish this mission."

Barrett expressed his gratitude to the Marines, citing

how American forces were making history.

"We have fought the longest war in our nation's history," said Barrett, referring to the war on terror in Iraq and Afghanistan. "And for the first time ... we are an all-volunteer force. So we thank you, for your unselfishness and devotion. You could have chosen to do anything else with your life and instead you chose to serve and to wear this cloth."

Amos and Barrett stressed that although Marines will be out of Afghanistan soon, there may be no time for relaxing back at their home stations.

"We may think, as a country,

that we are done with all the nasty, messy lands of our world, but they are not done with us," said Amos. "There is no shortage of work for us."

When it was time for the service members to ask questions, many had concerns about the effects sequestration will have on equipment and personnel. Amos and Barrett reassured Marines they would have everything they need and the Corps' budget is under control.

"What you forget sometimes is that we work for you," said Barrett, addressing a group of noncommissioned officers. "We are here to make sure you are taken care of."

## CBRN Marines respond to mock chemical warfare threat

**Lance Cpl. Glen Santy**

*2nd Marine Aircraft Wing*

**MARINE CORPS AIR STATION CHERRY POINT, N.C.** — Chemical, biological, radiological and nuclear defense Marines worked in teams to assess, evaluate and conquer a mock chemical warfare laboratory at the CBRN facility, June 15.

The scenario was the conclusion to a weeklong training evolution with a mock real-world terrorist laboratory where the Marines evaluated and sampled products and variables to discover the intent of the lab. The training was also conducted to evaluate the unit's assessment and consequence management capabilities.

"It's the ACM set or suite that gives us the capability of consequence management," said Sgt. Jeremy Wright, incident commander and the Marine Air-Ground Task Force CBRN assessment and consequence management noncommissioned officer in charge. "This ACM set is a newer capability for the Marine Corps that has been around for awhile but is now being employed more heavily."

The first team entered the facility in a Class 2 ensemble and cleared each room checking oxygen content, combustion levels, and providing the first eyes on the lab for a sight picture for the incident commander.

The suits and gear combined raised their body temperatures an additional 15 degrees on top of an already hot day.

"It is high pressure inside the suit and your critical thinking skills are diminished," said Wright. "Like when Marines go through the gas chamber and you can watch and see Marines thinking skills diminish from the basic MOPP suit. Now imagine having to try to do mental agility or dexterity drills."

Lance Cpl. Dakota Robinson, a CBRN clerk, said wearing the suit and going through a lab like this for the first time was difficult.



Lance Cpl. Glen Santy | 2nd Marine Aircraft Wing

**Chemical, biological, radiological and nuclear defense Marines check samples during a mock terrorist laboratory at the CBRN facility, June 15.**

"When I came into the room I saw a pink vial and I was stuck on it," said Robinson. "In those suits you can't really think straight. That training was exactly what you would see deployed, if not worse. Hindsight is 20/20 and I know now that when I'm going through this I need to slow down and not try to speed through."

Wright's mission was to take all the information coming back from the reconnaissance Marines and use it to direct to the next wave.

"Not knowing anything about what the lab contained, I was directing the entry team and remaining

personnel," said Wright.

"This lab could have been anything so I wanted them to find out what the end product was and get them to relay that information back."

Assessment and consequence management gives the Marines the ability to assess and mitigate toxic industrial chemicals and toxic industrial material, also known as TICs and TIMs.

These materials and chemicals are used in "no joke" real-world operations. They are found in machine shops, plants, factories and refineries and are commonly known as hazardous materials.

"Anytime you see a HAZMAT truck or someone wearing a HAZMAT suit, their focus is on TICs and TIMs," said Wright. "It's our job to be the military equivalent of a civilian HAZMAT team. We will not respond to a chemical leak out in town but with this ACM set, we are able to be a part of a Marine Expeditionary Unit and respond to an overseas threat to the public or forces."

In total, four teams went in to get eyes on the lab. At the end, all teams and all personnel walked through the scenario to see the difference between what was actually there and what was explained to the incident commander.

During their debrief the Marines talked about how important it was to not get tunnel vision and be able to properly give the incident commander a picture of what's going on. They discussed the importance of checking gear and why they bring each piece. They covered the importance of keeping an eye on their team members, and why they need to slow down to get the job done right the first time.

Several Marines training during the scenario were also preparing for the upcoming deployments with the 22nd MEU, 24th MEU and to Afghanistan.

"This training has really helped us a lot," said Robinson. "This lab was spot on and has helped open our eyes to what could be out there waiting for us."



Corporals Course students jump into a pool during a physical training session at Robertson Barracks, Northern Territory, Australia, June 21. The course provides corporals with the education and skills necessary to lead Marines. Two Australian soldiers and a Navy corpsman enrolled in the course to further their Marine Corps knowledge.



# Corporals Course not just for Marines

Story and photos by Sgt. Sarah Fiocco  
Marine Rotational Force Darwin

**ROBERTSON BARRACKS, Northern Territory, Australia** — Corporals Course became a melting pot of military services with members of the Australian Army, Navy and Marine Corps in attendance, scheduled for June 17 to July 2.

Throughout the 12-day course, service members will participate in physical exercise, leadership classes, land navigation, sword and guidon manual training, and complete testing on each.

"Getting all the knowledge down in a short amount of time is probably the hardest part," said Sgt. Ian Polhamus, course instructor and squad leader, third platoon, Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force Darwin.

Every Marine who attends the course already is a leader by rank, but the course teaches them how to play the part.

"All (noncommissioned officers) are leaders. To be a leader, you need to know your job, the Marine Corps ethos and what helps Marines pick up the next rank," said Polhamus. "They need to be able to pass their knowledge to their junior Marines. The junior Marines need to know everything their leaders know, so they can eventually become a good leader as well."

As a leader of Marines, it's common to get in front of a large number of subordinates and speak. The instructors teach young NCOs to be comfortable in that situation by making them teach a class in front of their peers on something they know well.

"A lot of peoples' number one fear is public speaking," explained Polhamus. "By doing this exercise, they get pulled out of

their comfort zones. It shows them that if they can do it in front of their peers, they can do it in front of their junior Marines."

This course is the first inside look the Australian soldiers have received into Marine Corps leadership styles, values and traditions since the Marines first landed in April.

"It's interesting to see how the Marines work," said Australian Army Pvt. Scott Bailed, Corporals Course student and rifleman, Charlie Company, 5th Battalion, Royal Australian Regiment. "Going through the leadership material and seeing what the Marine values are have been the most interesting part of the course so far."

Throughout the course, Bailed noticed a lot of differences between the two branches' methods of drill.

"We're slowly adapting to your guys' way of drilling," joked Bailed. "We have a lot more range of motion in our drill moves. A lot of the Marines haven't done sword or guidon, so we're all learning it together. We have sergeants who do the Banner Party, which is similar to the guidon, but that's as close as it gets."

As part of an infantry battalion, Marines with Lima Co., 3rd Bn., 3rd Marines, MRF-D, work very closely with Navy corpsmen.

Petty Officer 3rd Class Jiro Maximian Buenafe, a corpsman with the battalion, said everything he has learned so far will be useful when he goes to the field with the Marines.

"It really helps to learn land navigation and how to work a radio," said Buenafe. "I can help the Marines in training when I get to the field now. I think all corpsman on the green side should attend this course. It shows you why they take such pride in being Marines."



Sgt. Donald Bowley (right), Corporals Course instructor and assault section leader, weapons platoon, Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force Darwin, adjusts Australian Army Pvt. Scott Bailed (left), rifleman, Charlie Company, 5th Battalion, Royal Australian Regiment, as he executes present arms during a Corporals Course sword manual practice, June 21.

Australian Army Pvt. Scott Bailed, rifleman, Charlie Company, 5th Battalion, Royal Australian Regiment, completes a buddy squat exercise with Cpl. Oziel Esquivel, data supervisor, headquarters platoon, Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force Darwin, during a Corporals Course physical training session, June 18.



Australian Army Pvt. Scott Bailed (left), rifleman, Charlie Company, 5th Battalion, Royal Australian Regiment, and Cpl. Oziel Esquivel (right), data supervisor, headquarters platoon, Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force Darwin, low crawl to the next exercise station during a Corporals Course physical training session, June 18. The course provides corporals with the education and skills necessary to lead Marines. Two Australian soldiers and a Navy corpsman enrolled in the course to further their Marine Corps knowledge.





Photos by Cpl. Sarah Dietz | Hawaii Marine



[1] A crowd of children dance and clap their hands to the songs played at the base chapel's Vacation Bible School program Tuesday. The program is a five-day long event that teaches the children the basics of Christianity.

[2] Grace Um, 7, laughs at a skit shown at the base chapel's Vacation Bible School program Tuesday. Grace was one of more than 100 children to attend the event.

[3] Evan Miller, 5, and his brother Ian, 4, hide under an umbrella on their way to the base chapel's Vacation Bible School program Tuesday.



## Chapel hosts 5-day event for kids

**Lance Cpl. Janelle Y. Chapman**  
*Marine Corps Base Hawaii*

The rain didn't stop kids from attending the Vacation Bible School at Chaplain Joseph W. Estabrook Chapel, Tuesday. The VBS is a week-long program where children from kindergarten to sixth grade play games, sing songs, watch skits and learn about the basics of Christianity.

Navy Lt. Benny Mathis, chaplain at the chapel, has been a part of VBS for three years. Each year he plays a different role or character in the VBS skits that

coincides with that year's theme. This year the theme was "Medival Times." Mathis was "Sir Walle," a goofy squire seeking to become a knight.

"I help teach them a lesson through interacting with the character," Mathis said. "They build relationships with me through the character I play."

The VBS program helps kids understand they can have fun at church, Mathis explained. The character helps the children understand what is being taught. Each day the children learn a different lesson, and that lesson is the foundation to all the activities of that day.

# Vacation Bible School





## PMO contact numbers and locations

To report suspicious activity/behavior or for non-emergency calls, contact the desk sergeant:  
**257-1018/2123 (building 1096)**

For information regarding check in/out, fingerprinting, or weapon registration, contact:  
**257-6994 (building 1095)**

For information regarding pet registration, fishing regulations, or lost/found animals, contact the PMO game warden:  
**257-1821 (building 3099)**

For information regarding vehicle decals, base passes, and vehicle registration, contact:  
**257-2047/0183 (building 1637/1095 for MCB Hawaii)**  
**477-8734/8735 (building 601 for Camp H.M. Smith)**

For information regarding traffic regulations, citations, or traffic court, contact:  
**Traffic Court bailiff**  
**257-6991/6992 (building 1095)**

For all other numbers not listed, contact:  
**base information**  
**449-7110**

For more information, visit the PMO website:  
**<http://www.mcbhawaii.marines.mil/Departments/ProvostMarshalsOffice.aspx>**

**IN AN EMERGENCY, CALL 911**

## Officer Friendly Program to visit Pa Honua community

The Provost Marshal's Office is providing a community service known as the Officer Friendly Program.

On Wednesday, from 2 through 6 p.m., the Military Police Command Post will be parked in the Pa Honua Community on Faleafine Place.

Personnel from PMO will be on hand to answer questions and provide limited services including registration for pets, weapons and to obtain base decals for vehicles.

Please feel free to stop by the command post to voice your concerns on crimes and meet our PMO staff.

## Topic of the Month

The Drug Education for Youth Program is open for children ages 9 through 12. The DEFY program provides children with access and examples of tools and techniques to resist drugs such as developing leadership skills, instilling positive social skills through participation in team-building, conflict resolution, and decision-making activities. Food, drinks, transportation and supplies will be provided. DEFY is seeking volunteer mentors (must meet eligibility requirements). Eligible mentors must be military dependents or a military member and must be able to make a one year commitment to the program. For more information, call Molly Pope at 257-8312.

## Secure items for summer

As a reminder PMO recommends to properly secure all personal belongings, vehicles, and garage doors. Every community can do their part to prevent theft or larceny and present a hard target. Be sure to report any vandalism or suspicious activity to the PMO desk sergeant at 257-2123.

The House Check Program is also available for families who will be gone for extended periods. For more information, call Molly Pope at 257-8312.



BIRDS, from A-1

Project outings held all through the year. Russell said the additional effort could make the difference, especially when it takes three weeks for the infant birds to learn how to fly.

“In some nests, all the chicks make it,” he said. “In other nests, none of them survive. The average is about one chick per nest surviving.”

Aeo are also at risk of attack from invasive animals, said Aaron Nadig, a fish and wildlife biologist with the Pacific Islands Fish and Wildlife Office. His office studies the aeo and other native animals in Hawaii.

“The biggest thing we can do is provide a good habitat,” he said. “We can also control invasive predators.”

Nadig said the birds face predators including feral cats, dogs, bullfrogs and mongoose. One of the reasons why no pets are allowed on the Nuupia Running Trail is to prevent the animals from hunting down birds, Russell said.

Aeo chicks have already been spotted this season near Fort Hase Beach and along restricted areas near the Nuupia Ponds Running Trail. McKelvey said seeing these positive results from his unit’s training is encouraging.

“Mud Ops is a great dual partnership with our unit and the environmental department,” McKelvey said. “It’s good training, and it feels great to help the birds out.”

With help from MCB Hawaii, the aeo have a chance at long life. Pacific Islands Fish and Wildlife Office researchers said so far the oldest bird they’ve encountered is 29 years old.



Todd Russell | Courtesy photo

Three young Hawaiian stilts stand in a mass of invasive pickleweed plants earlier this month near Nuupia Ponds at Marine Corps Base Hawaii.

SHOT, from A-1

warriors to participate in a sport to aid in their recovery.

“We have found that adaptive sports have helped tremendously in the healing process,” Schwent said.

Nicholas, of Mililani, Hawaii, who was also certified with the wounded warriors this week, has earned numerous medals in past Warrior Games and trials, though he considered the medals “icing on the cake,” and merely being able to shoot “would be medicinal enough.”

“It gave me purpose again,” he said.

Through this week’s course, he learned about gauging a student’s shooting skills and tailoring instruction to benefit them, helping calm a student who is nervous when shooting, and information about range safety.

Marines were not the only ones getting certified. Petty Officer 1st Class Zach Johnston was one of the wounded warriors from the detachment to attend the course. Although the Hemet, Calif. native doesn’t shoot often, he has found benefits from it, such as the ability to practice breathing, keeping calm and focusing.

“I always look for something I don’t do all the time,” Johnston said. “With wounded warriors everything is a new experience.”

Johnston eventually plans to complete his degree in social work and mentor troubled teens. He said certifications like these are just one more “tool” to help him fulfill his goal.

On Wednesday morning, the group turned to archery, first receiving classroom instruction. Woodsum, who taught the archery portion of the event, said she immediately took the opportunity to become an instructor for the wounded warriors, because she looks “forward to seeing a spark of hope in their eyes.”

“Archery specifically is a sport where you can (take the) focus away from yourself,” Woodsum said. “For that one hour, or even a single shot you can free your mind to focus on



Kristen Wong | Hawaii Marine

Capt. Chris McGleinnais, a wounded warrior with Wounded Warrior Battalion West - Detachment Hawaii, prepares to launch an arrow at the Marine Corps Community Services Archery Range, Wednesday.

what you’re going through and you can find peace.”

In the afternoon, they headed outdoors to the MCCA Archery Range on base to practice shooting with both high-powered compound and recurve bows. Each student was tasked with coaching someone as they practiced shooting. At the end of the day, the warriors also left with a level-one archery certification.

“(Archery is a) lifelong activity they can take back, do with families, compete, make a career out of it, and it’s my job to make them successful and heal,” Woodsum said.

Schwent expressed his gratitude to Lt. Col. Burl Hudson, officer in charge of Wounded Warrior Battalion West - Detachment Hawaii, for aiding in coordination of the event.



# Sports & Health

## Units backstroke for 101 Days of Summer points

**Lance Cpl. Janelle Y. Chapman**  
*Marine Corps Base Hawaii*

The 101 Days of Summer program held its eighth annual swim meet at the base pool, June 21. Participants arrived for the swim meet at 6:30 a.m. and the races began at 7:30 a.m.

Dezmond Oyandadel participated in the meet, attempting to earn points for his unit, Combat Logistics Battalion 3.

“We’re here to have fun and bring some competition,” Oyandadel, native of Wolocott, Conn. said. “We’re trying to get ranked (in the 101 Days of Summer program).”

Teams averaged six swimmers per team and swam individually and in team relay events. Oyandadel wasn’t new to the competition aspect of the swim meet. He used to swim competitively in high school.

Participant James Sasso was a fellow teammate of Oyandadel. He had been swimming since he was 8 years old and swam competitively in elementary school. He has been in the competitive swimming scene just as long as Oyandadel.

“We (sailors in his unit) swim at lunch time for (physical training),” Sasso said. “There is some competition though. There are some obvious tri-athletes here who are in shape.”

The swim meet consisted of multiple races, some individual and some relays. The individual races included a 50-meter backstroke, butterfly, breaststroke, and freestyle and a 200-meter medley, with 50-meters of each stroke. The relays are four-person teams with each person swimming 50-meters of a stroke.

The Health Promotion Office and Substance Abuse Counseling Center coordinate the 101 Days of Summer program annually. In the program, units can participate in various events spread out from May 5 to Sept. 2. The events earn points for the unit and at the end of the 101 Days of Summer, three units win money for their unit fund.

The 101 Days of Summer program shows everyone, from single Marines and sailors to married service members, that the base has great activities for them, Oyandadel said.

Besides swim meets, there are bowling tournaments,



Lance Cpl. Janelle Y. Chapman | Hawaii Marine

**Dezmond Oyandadel, a swimmer from Combat Logistics Battalion 3, and 24-year-old native of Wolocott, Conn., takes his goggles off after a 50-meter race during the 101 Days of Summer Swim Meet at the base pool, June 21.**

fun runs, and classes, that add points to unit’s score. Each activity awards points to the participants. The unit with the most points at the end of the program wins \$750 for their unit funds.

The winners of the June 21 swim meet for the individual races are freestyle first place Nicholas Bazzone of Headquarters Battalion, and the first place for breaststroke, backstroke, butterfly and medley was Jon Hurst, representing Fleet Logistics Support

Squadron 51.

Team relay stats are freestyle first place Headquarters Battalion, breaststroke first place Marine Light Attack Helicopter Squadron 367, backstroke first place HMLA-367, butterfly first place VR-51, and medley first place Headquarters Bn.

The next activity in the program is the Runway Run, scheduled for July 4 at 6:30 a.m., starting at Hangar 104.



Photos by Kristen Wong | Hawaii Marine

**ABOVE:** Wardawgz quarterback Loretta “Old School” Palmer attempts to throw the ball as Wahine Koa players Isha Willis (second from left) and Tefany Gonzales (right) attempt to block her and steal her flag during a Hawaii Gridiron League flag football game at Kapiolani Park, Sunday.

**RIGHT:** Wahine Koa player Brittany Robinson tries to advance down the field with the ball during a Hawaii Gridiron League flag football game at Kapiolani Park, Sunday.



## Navy, Air Force team defeats Wardawgz

**Kristen Wong**  
*Marine Corps Base Hawaii*

**HONOLULU** — Female fury erupted at Kapiolani Park as the Wardawgz lost their most recent match to Wahine Koa, 12-6, during an all-women Hawaii Gridiron League flag football game, Sunday.

At 1 p.m., the Wardawgz, made up of Marine Corps Base Hawaii service members and family members, won their first match due to forfeit. The Wardawgz instead began their second match earlier than scheduled, against Wahine Koa. Wahine Koa, made up of Navy and Air Force affiliated players, came to Sunday’s game undefeated, 6-0.

“This is a good day for football,” said Wahine Koa head coach August Young. “I hope that we win, cause you never know.”

At 2 p.m., both teams knelt in the grass beneath the blazing hot sun, baring their mouth-guards, their eager blocking hands up in anticipation. The game began, and women on both sides scuffled, fighting for the ball till the shrill whistle of the referees stopped them in their tracks.

Young, and Wardawgz co-head coach Joseph Zola, were both animated, screaming and waving.

Many of the Wardawgz were constantly in and out of the sidelines with little time to rest due to the team’s small size.

Some of the highlights included Wardawgz corner Jenna Folks conducting an interception close to the endzone, and Wardawgz wide receiver Amanda Pendarvis making the team’s touchdown. By the end of the first half, the teams were tied, 6-6. The intensity grew in the second half when Wardawgz quarterback Loretta “Old School” Palmer received the ball and tossed the pigskin. Wardawgz running back Tiffany Epps caught the ball, and temporarily evaded Wahine Koa players, progressing the ball at

least 25 yards as she headed to the endzone.

At the end, Wahine Koa walked away with the victory, but the Wardawgz are still headed for the playoffs. Young commented that although Wahine Koa has won all of its games, the other teams in the league have been progressing.

“We can’t get away with the same (strategies) we did the first time,” Young said of the other teams.

Like many military sports teams, the inevitable deployment and permanent change of station cycle affects the number of players available, and Wahine Koa is no exception.

The Wardawgz have not been able to recruit as many players this year, and while some teams have enough players to relieve each other during a game, the Wardawgz have had to wear two hats, defense and offense, often running themselves into the ground.

“It’s tiring,” said Wardawgz player Crystal Herrera. “It’s just 45 minutes of running.”

Wardawgz defensive line Rubi Soto and Herrera agree that the team has a positive outlook despite their losses. Both said they met new friends on the team, and consider the Wardawgz family.

Wardawgz head coaches Matt Muzacz and Zola said they were proud of the team’s hard work and dedication. Despite Sunday’s loss, Zola told the ladies he felt they had shown through their performance how much they wanted to win.

“You guys played it like you wanted it,” he said. “I have nothing negative to say.”

The Hawaii Gridiron League championship games are scheduled for this weekend at University of Hawaii at Manoa’s Clarence T.C. Ching Field at 1 p.m.

When asked about his thoughts at the close of Sunday’s game, Zola said simply, “It’s playoffs time.”

**“You guys played it like you wanted it. I have nothing negative to say.”**  
**- Coach Joseph Zola**





TOOKER



BRAGG

Versus is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by emailing their ideas to [HawaiiMarineEditor@gmail.com](mailto:HawaiiMarineEditor@gmail.com). If there’s a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your “opinion,” regardless of how wrong it is, featured below. Suit up ladies ... it’s game time.

# One on one with the greats: LeBron versus Jordan

## Sgt. Skyler Tooker VS. Lance Cpl. Matthew Bragg

**BRAGG:** In possibly one of the most widely known debates of all time, who is better? Michael Jordan or LeBron James? Simply put, Jordan was the greatest player in the NBA during his time and is still the greatest player to play the game. Jordan boasts an astounding six NBA championships, five MVPs, and 10 scoring titles, as compared to James’s one NBA championship, three MVPs, and one scoring title. Most fans believe that James is greater than Jordan was at his age, but what they don’t realize is James joined the NBA straight out of high school while Jordan went to college before joining the association. In a one-on-one contest, James is no competition for Jordan.

**TOOKER:** Time and time again people compare every player to Jordan. Jordan without a doubt is the best player of his generation and maybe of all-time, but we will never know. You can’t compare to people who played in different time periods against each other. Rules have changed; kids are bigger and faster coming straight out of high school. There are to many variables that have changed since Jordan has played the game. The best way to compare players from different generations is how they dominated their generation. By these standards there are plenty of big men who played the game such as Bill Russell or Kareem Abdul-Jabbar who dominated the game before the three-pointer was introduced in the 1979-1980 season. This is what I mean there are way to many variables to account for when doing this type of comparison. If you want to compare rings then Jordan isn’t even in the top 9 players who have won the most rings in the NBA. I just think that the level of competition now is higher then previous years. Look at it this way. If the human race always stayed the same and never advanced in evolution then we will still be in the stone ages and this conversation would not

even be happening. But the fact is that it is in our human nature to do something, then find a way to do it bigger, faster or just do it better. The same concept goes with basketball. Jordan was a great player but the real question is could “His Airness” have done the same stuff he did in his time in the NBA now? If I had to pick between Jordan and James in their prime, which I don’t even know if “King James” has made it to his prime, I would pick James all day long. By the way James has two NBA Championships under his belt. You might want to check your facts.

**BRAGG:** You’re right in the fact that we can’t physically compare our current generation’s players to previous generations’ players, but people will always refer back to the “great ones” when talking about sports. That’s the reason everyone always brings up Jordan’s name, because he’s simply the best. I have no doubt James will join Jordan in the Hall of Fame someday and go down as one of the best players in the game, but he won’t surpass the height of what Jordan brought to the game. If you stop to think about it, James might not be as good as he is today without the inspiration from the way Jordan played the game. When Jordan stepped on the court he made the play and scored points for his team. I guess you could say he was like a “bull,” no pun intended. And you said you think James hasn’t even reached his prime yet, but he has. Across all sports, the average player enters their prime between ages 26 through 30. So that means James is already in the middle of his prime at the age of 28. There are certain circumstances where a player may play at a greater level of precision after passing through the prime ages, and that falls back to Jordan. Like I said before, he came into the league at a later age than James didn’t have the advantage of having a few extra years to get professional

experience under his belt before hitting his prime. But Jordan is a player who played in his prime throughout his entire NBA career. I’m not sure James will be able to maintain the same amount of consistency as Jordan did. I don’t think anyone ever will, and that’s why everyone wants to “be like Mike.”

**TOOKER:** Ok, I will play your game. So James entered the NBA straight after high school and Jordan went to college for a few years. If you want to enter the calculation in the system put James in college for three years taking those of his NBA career. He would now only have six seasons under his belt with two NBA Championships and two NBA Finals MVP awards. If anything going to college made Jordan better and keeping his stats guarded from his first and most inexperienced years out of high school. Jordan only averaged 13.3 points a game his first year in college. James skipped college and averaged 20.9 points his first year in the NBA. Lets just put those numbers on a scale and take in the account that the NBA is a higher level of competition. James side of the scale seems to be winning right now. So you see, you look at Jordan’s going to college as a disadvantage, but really it helped his career stats out by spending a few years in that level of play. And this is why I say we can’t compare these two great basketball players, because even if they were to come in the league at the same age and play through their careers, Jordan has a gap in his career in 1994-1995 where he played baseball. This was right after his first three-peat and right before his second three-peat. Then we have to ask ourselves if he didn’t leave the game for those two seasons, would the Bulls have won eight straight NBA titles? We never will find out and since we can’t evenly match these players up together, this debate will go on forever with everyone arguing in favor of the player they like the best.

## SPOTLIGHT ON SPORTS BRIEFS

### High Intensity Tactical Training Center open during new hours

The High Intensity Tactical Training Center is now open Monday through Friday from 6 to 8:30 a.m., 11 a.m. to 1:30 p.m. and 3:30 to 7:30 p.m. The HITT center is closed on Saturday and Sunday. The facility will remain available outside of the posted hours through the Semper Fit Center for scheduled unit physical training sessions. For details, call 254-7597.

### Join the First Tee of Hawaii

The First Tee of Hawaii is offering its junior golf program free of charge to children of active duty, reservist and National Guard service members. The program is open to children ages 7 to 18 at the Bay View Golf Range Driving range on Kaneohe Bay Drive, Sundays at 11 a.m. The program teaches valuable life skills, and participants learn how to play golf. To register, show up to practice Sundays at 11 a.m. For details, go to <http://www.thefirstteehawaii.org> or call 478-3466.

### Health promotion classes offered for 101 Days of Summer

During the 101 Days of Summer program there will be health promotion classes offered. The amount of points

awarded to the unit will be based on percentage of unit that takes classes. Contact the Health Promotion Office to schedule unit training. Classes available include tobacco prevention, injury prevention, nutrition, chronic disease prevention, physical fitness, alcohol and substance abuse, STD/HIV Transmission and Prevention. For more information about Unit training, call 254-7636.

### Camp H.M. Smith conducting fitness survey

Camp H.M. Smith will be opening a new Semper Fit Center this fall and we want to hear what type of fitness classes you would like us to offer. Click here <http://www.surveymonkey.com/s/CampSmithFitness>.

### Sign up for Runway Run

The Commanding Officer’s Fitness Series Runway Run is scheduled for Thursday at 6:30 a.m. Register for the run at Semper Fit Center. For more information, call 254-7590.

### Volunteers needed for 2013 Tinman Triathlon

Volunteers are needed for various tasks before, during and after the 2013 Tinman Triathlon, July 28.

There are various volunteer opportunities during the triathlon, including run course marshals. High school and college volunteers are needed for four hours at the bike/run transition corral, starting at 5:30 a.m., July 28. Volunteers are sought for manual labor, setting up July 27 from 8:30 a.m. to 12:30 p.m. and breaking down July 28 from 10 a.m. to 2 p.m. Approximately 10 to 15 equipment crew volunteers are needed July 28, from 10 a.m. to 2 p.m., to break down the bike corral, and transport all equipment after the race. T-shirts, vests and arrows will be distributed and must be returned to a coordinator at the bike corral. Provide names, T-shirt sizes and parking passes by July 18. For details, call Joan Davis at 535-9070 or email [jrdva4vp@hotmail.com](mailto:jrdva4vp@hotmail.com).

### Semper Fit Center offers Kid Fit program

The Semper Fit Center is hosting its Kid Fit program at the Semper Fit Center gym. Kid Fit is an opportunity for children to learn all aspects of physical well-being.

The program includes a combination of warming up, stretching, cardio respiratory fitness, strength and conditioning and cooling down. Children ages 6 to 12 years old are eligible for Kid Fit. Classes are held Monday, Wednesday and Friday from 8:30 to 11 a.m. For more information about the next Kid Fit session, call Semper Fit at 254-7597.

### Tradewind Triathlon scheduled in August

The Tradewind Triathlon is scheduled for Aug. 11 at 6:30 a.m. Register for the run at Semper Fit Center. For more information about the race, contact the varsity sports coordinator at 254-7590.

### Tee off at Shank and Slice Golf Tournament

The Shank and Slice Golf Tournament is scheduled for Aug. 23 at the Kaneohe Klipper Golf Course. Participants may start checking in at 11:30 a.m. and there will be a shotgun start at 12:30 p.m.

Units can earn up to 150 points - 10 points per person; maximum 15 people, toward the 101 Days of Summer program. Participants must register by Aug. 15.

For more information about event, contact Karley Peterson at 254-7593.

### 101 Days of Summer Field Meet

The 101 Days of Summer Field Meet is scheduled for Aug. 16 at Riseley Field. The entry deadline is Aug. 14. Events will include volleyball, horseshoes, tire flip, 100-yard dash, tug-o-war, big trike race and joust. Points awarded to units will vary based on events entered. For more information, call 254-7636.



COMMUNITY AND VOLUNTEER BRIEFS

12th annual Hula Hoolauna Aloha Festival features exhibition, competition

The 12th annual Hula Hoolauna Aloha festival will once again bring together Japan and Hawaii in honor of hula’s traditional customs and vibrant culture for a weekend-long celebration. Festivities begin July 6, at Kahala Mall from 10 a.m. to 6 p.m. with a hula exhibition featuring 45 performances. Multi-Na Hoku Hanohano Award winner and Kumu Manu Boyd will make a special appearance around 12:45 p.m. The celebration will continue at The Royal Hawaiian Hotel’s Coconut Grove July 7 from noon to 6:45 p.m. with a hula halau competition, hula demonstration and more. The public is invited to attend both events free of charge; however, seating at the hula competition is limited to friends and family of participating halau, and those with a Hawaii state or military identification card. For more information, visit the Japanese language website, <http://www.hoolauna.com>, or call 926-4504.

Kokua Hawaii Foundation seeks volunteers

Kokua Hawaii Foundation is currently recruiting volunteers to join its AINA In Schools (Actively Integrating Nutrition and Agriculture In Schools) docent teams for our partnering schools for the 2013-2014 school year. The opportunity is a school year-long commitment. The intent of the program is to connect children to their land, waters and food to grow a healthier future for Hawaii. No experience is necessary. The foundation will train volunteers to teach nutrition lessons for grades 2 and 6, or garden lessons for kindergarten and grades 1, 3, 4 or 5. Docent teams will teach these hands-on, cross curricular, standards-based lessons one day a month. Interested volunteers must be able to attend the first of four quarterly trainings in August and September for the component they are interested in (Gardens or Nutrition) and commit to a docent team from August 2013 to May 2014. For more information please email [volunteer@kokuahawaiifoundation.org](mailto:volunteer@kokuahawaiifoundation.org).

MarForPac Band summer concert series

The U.S. Marine Corps Forces, Pacific Band will be performing free July 12 in Mololani Park, from 6 to 7 p.m. The venue is located at the corner of Lawrence and Campion Roads in Forest City housing area. Blankets, chairs and coolers are welcome. Call 254-7679, with questions.

Experience Korea at annual Korean Festival

Experience one of the largest cultural festivals of the year in Hawaii, the 12th annual Korean Festival, July 12 to 13 at Kapiolani Park and Bandstand. On July 12, there is a free showing of the movie “Forever The Moment,” the true story of the Korea women’s handball team which competed in the 2004 Summer Olympics. Food booths open at 4 p.m., and the movie will begin at 7 p.m. The Korean Festival features an array of entertainers and featuers performances such as taekwondo (Korean martial arts) demonstrations, and Korean fan and drum dances. There will also be interactive activities, such as Korean cooking lessons and a kim chi eating contest. Music and acting star Kim Tae Woo will be headlining a free concert at the park on Saturday at 7 p.m. Free parking is available around Kapiolani Park and at Kapiolani Community College. A free shuttle will be available for those parking at KCC. For more information, visit <http://www.koreanfestivalhi.com>.

Art gallery hosting exhibit

Andrew Rose Gallery is hosting an exhibit called “On Paper II,” is scheduled from July 15 to Sept. 27, with a reception on July 18. The exhibit presents

paintings, drawings and prints on paper by gallery and invited artists. Hours of operation are Monday through Friday from 11 a.m. to 5 p.m., and by appointment. Parking is left at Alakea Street before Hotel Street. For more information, contact the gallery at [press@andrewrosegallery.com](mailto:press@andrewrosegallery.com) or 599-4400.

Take time for Talk Story Camp

Come to the 3rd annual Talk Story Camp, July 19 to 21, for three days and two nights of stories at Camp Paumalu on the North Shore of Oahu. There will be local storytellers and mainland guests, food, hikes, workshops and more. For details email [jeffgere@lava.net](mailto:jeffgere@lava.net) or call 737-1774.

Register for July AFCEA luncheon

The Armed Forces Communications and Electronics Association luncheon is scheduled for Tuesday, July 9; 11 a.m. check-in; 11:30 a.m. buffet at the Hale Ikena Club aboard Fort Shafter. The guest speaker for this luncheon will be Brig. Gen. Richard Simcock, deputy commanding general of U.S. Marine Corps Forces, Pacific. There is a fee for AFCEA and non-AFCEA members. For more information, visit <http://www.afceahawaii.org> or contact: Barry Fong, [barry.fong@twtelecom.com](mailto:barry.fong@twtelecom.com) or 441-8565. The point of contact for registration is Ken Wiecking at [ken.wiecking@twtelecom.com](mailto:ken.wiecking@twtelecom.com) or call him at 441-8524.

Register for August AFCEA luncheon

The Armed Forces Communications and Electronics Association luncheon is scheduled for Tuesday, Aug. 13 at the Hale Ikena Club, Fort Shafter. Check-in starts at 11 a.m. and the buffet will be available at 11:30 a.m. The guest speaker is Rear Adm. Frank Ponds of Navy Region Hawaii. There is a fee for AFCEA and non-AFCEA members. For more information, visit <http://www.afceahawaii.org> or contact: Barry Fong, [barry.fong@twtelecom.com](mailto:barry.fong@twtelecom.com) or 441-8565. The point of contact for registration is Ken Wiecking at [ken.wiecking@twtelecom.com](mailto:ken.wiecking@twtelecom.com) or call him at 441-8524.

Register for September AFCEA luncheon

The Armed Forces Communications and Electronics Association luncheon is scheduled for Tuesday, Sept. 10 at the Hale Ikena Club, Fort Shafter. Check-in starts at 11 a.m. and the buffet will be available at 11:30 a.m. The guest speaker will be Maj. Gen. Darryl Wong, the adjutant general of the State of Hawaii, National Guard. There is a fee for AFCEA and non-AFCEA members. For more information, visit <http://www.afceahawaii.org> or contact: Barry Fong, [barry.fong@twtelecom.com](mailto:barry.fong@twtelecom.com) or 441-8565. The point of contact for registration is Ken Wiecking at [ken.wiecking@twtelecom.com](mailto:ken.wiecking@twtelecom.com) or call him at 441-8524.

Hawaii Theatre Center hosting auditions for 2013-2014 student theater acting, apprenticeship programs

The Hawaii Theatre Center will hold auditions Aug. 12 for its 2013-2014 Hawaii Theatre Young Actors Ensemble, an acting program for high-school students. The Theatre also is scheduling interviews for the Technical Theatre Apprenticeship program (for teens ages 13 to 18). The audition and apprentice interview schedule Monday, Aug. 12 onstage at the Hawaii Theatre. The Hawaii Theatre Young Actors Ensemble auditions for ages 13 to 18 are from 4:30 to 6:30 p.m. Apprentice interviews for ages 13 to 18 are from 6:30 to 7:30 p.m. Register by Friday, August 9. The programs are open to all Oahu students, and no experience is necessary. For information or to register for auditions and interviews, call 791-1397 or email [eden-leemurray@hawaiiitheatre.com](mailto:eden-leemurray@hawaiiitheatre.com).

HPU Civil War expert discusses Battle of Gettysburg and Hawaii

Civil War expert and Justin Vance, associate dean of Military Campus Programs at Hawaii Pacific University, will speak at a special program commemorating the 150th anniversary of the Battle of Gettysburg and its Hawaii connections, Saturday at Oahu Cemetery, from 9 a.m. to noon. The program will also feature noted local graveyard historian Nanette Napoleon and Civil War historian Bruce Barham. Afterward, participants can see reenactors from the Hawaii Civil War Round Table, who will be encamped nearby and will talk about army camp life during the Civil War. Admission and parking on the grounds is free. For more information, contact Nanette Napoleon at 261-0705 or email [nanetten@hawaii.rr.com](mailto:nanetten@hawaii.rr.com).

Veterans Entrepreneurship Program

Applications are now being accepted for the Veterans Entrepreneurship Program through midnight Oct. 1. The VEP is an intense, eight-day training program at Oklahoma State University, which will cover topical modules comprising the critical areas of success for new and early stage ventures. These eight days are preceded by a five-week self-study component and are then followed by a 10-month period of mentorship and online peer-to-peer networking. Applications are online at <http://entrepreneurship.okstate.edu/vep>. Contact Riata Center for Entrepreneurship at 405-744-7552, or at [vep@okstate.edu](mailto:vep@okstate.edu) for more details.

Spend the summer at Blue Star Museums with free admission

From Memorial Day to Labor Day, Blue Star Musuems offers free admission to more than 1,800 museums. The offer is extended to active duty military, including Army, Navy, Air Force, Coast Guard, Marines, National Guard, and Reservists with up to five family members. Text BLUE to 411247 to join Blue Star Families and receive SMS broadcasts about special events, news, sweepstakes and stories written by and about military families. Go to <http://www.arts.gov> for more information.

See free hula performances in Kailua

The “I Love Hula” series showcases a different hula group performing each month. Most shows occur on the second Sunday of the month at 3 p.m. along Kailua Road near Macy’s. The next shows are July 14 and Aug. 11. For more information, see <http://kailuatown.net/kailuahula.php>.

MARINE MAKEPONO Means ‘Marine Bargains’ in Hawaiian

**Kaneohe studio apartment for rent.** Large deck with ocean view of Chinaman's Hat and Marine Corps Base Hawaii. Includes custom bathroom with hot tub/shower, covered parking, refrigerator and sink with disposal. No smoking or barbecuing. \$1,300. Call 239-5459 for more information.

*If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form at the Marine Corps Base Hawaii Public Affairs Office in building 216, room 19. Please have your military ID and a short write-up of what you'd like to run. You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.*



# Hawaii Marine Lifestyles

## HEALTH WELLNESS FITNESS FAIR

**Vendors visit to educate service members**

**Story and photos by  
Lance Cpl. Janelle Y. Chapman**  
*Marine Corps Base Hawaii*

The installation's annual Health, Wellness and Fitness Fair was held at the Mokapu Mall from 10 a.m. till 1 p.m., Wednesday. The fair was a part of 101 Days of Summer program and consisted of demos, displays, and classes from multiple organizations.

Various tents were set up covering the tables full of pamphlets, information, and memorabilia advertising each promoter's specific service. Service members and their families milled around the tents, taking pamphlets, speaking with promoters, and receiving helpful information.

The fair hosted 33 nonprofit and corporate sponsors set up outside the Marine Corps Exchange. Tables ranged from healthy eating to fitness to education. Marines and sailors could earn their unit points for 101 Days of Summer by acquiring signatures from the various vendors.

"The fair helps gets information out to people on how to stay healthy and about different resources available," said Neil Morgan, health promotions coordinator for Marine Corps Base Hawaii. "It's not only to promote physical health, we have schools here to promote mental health, the chaplain's here to promote spiritual health, and we have people here to promote financial health."

The fair used to be held in the gym at the Semper Fit Center to catch

gym-goers attention. Three years ago the fair was brought outside to market to everyone instead of just one group, Morgan explained.

There were a variety of organizations participating in the fair. Jonathan Barkley, Certified Prevention Specialist, had a table encouraging safe drinking and free pamphlets and memorabilia reminding Marines and sailors to not be "That Guy." Service members were educated about Marine Corps Community Services and the services they provided. There were off base gyms offering raffles for a free month-long membership or just information on the facility. There was even a SUV and pick-up truck being raffled off.

"I heard about the fair through the paper," said Tabitha Fox, an event attendee. "I came out to find information on furthering my education."

There were multiple colleges and universities that set up booths to share information on their schools. Each table had pamphlets and promoters answering questions and providing Marines, sailors, and family members with information.

Last week the fair was held at Camp Smith and had a great turnout, Morgan said. Most of the promoters at the fair on Marine Corps Base Hawaii, were a part of the Camp Smith fair. The fair has been a part of 101 Days of Summer since the program started a decade ago.

**LEFT:** Marines attending the Health, Wellness and Fitness Fair at Mokapu Mall look over forms at an educational institution's booth, Wednesday. More than 30 nonprofit and corporate sponsors set up booths at the event.

**"It's not only to promote physical health, we have schools here to promote mental health, the chaplain's here to promote spiritual health, and we have people here to promote financial health."**

**- Neil Morgan, Health Promotion Office**



Marine spouse Tabitha Fox (left) gets information about education by a University of Maryland promoter at the Health, Wellness and Fitness Fair at Mokapu Mall, Wednesday.



Representatives at a booth chat with Marines during the Health, Wellness and Fitness Fair at Mokapu Mall, Wednesday. Units could earn points for the 101 Days of Summer program by attending the fair.



PASS

IN

REVIEW

Your weekly guide to the best aspects of entertainment

Welcome to the Pass In Review, your No. 1 source for cinema, music, video game, book and product reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game, product or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week’s critics to better help you choose the critic with opinions most like your own. Using our breakthrough four-point scale system, you can quickly decipher what is worth your time and what isn’t, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you’re not familiar, here’s a quick breakdown of the ratings ...

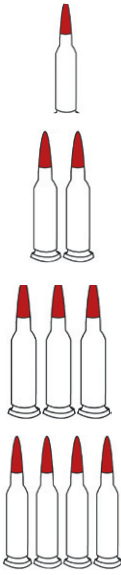
- 1/4 — No Impact, No Idea

Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.
- 2/4 — High And To The Right

Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if there’s nothing better to do.
- 3/4 — On Target


Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.
- 4/4 — Confirmed Kill

Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



So, there you have it and we hope you enjoy our weekly reviews. Don't forget, the Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm, feel free to submit your own reviews.

Better Know A Critic



CALLAHAN

Cpl. Matthew A. Callahan likes amazing movies. He believes that a good movie doesn't always have to get the highest rated reviews or do the best at the box office. It's all about context. If there's an action movie that claims it's all about action, then he watches it just for the action. It's as simple as that.

Refreshing take on zombies in ‘World War Z’

Cpl. Matthew A. Callahan  
Marine Corps Base Hawaii

By now most of us have gotten used to the mythology surrounding the zombie genre. The walking dead are slow, shuffling bags of rotten flesh, usually ridden with bullet holes and pieces of brain hanging from their jaws. They scuffle across the barren wasteland of a civilization that tried desperately to fight back, and lost. That was the premise for the undead in author Max Brook’s sprawling zombie apocalypse “World War Z.” The apocalypse story chronicled a journalist’s firsthand account and stories from survivors such as war profiteers, Chinese submarine commanders, and your everyday all-American survivalist. Hollywood, in its tireless effort to refresh and innovate, sort of threw the slow-moving mumble machine concept out the window in favor of literally the polar opposite. The zombies, as well as the smart script in the



film adaptation of “World War Z” are fast, gripping and utterly terrifying. Gerry Lane (Brad Pitt) is a former investigator for the United Nations. In the first minutes of the film he lives a normal life as a model father and husband to his wife Karin (Mireille Enos) and two little girls. The warm family opening is soon lost in the chaos as Lane and his family play guessing games in traffic on the city streets of Philadelphia. The zombie infection flashed across the urban jungle in a hurry. Panicked citizens are seen frantically escaping their vehicles on foot to escape an impossibly quick horde of surmised “rabies” victims piling down the road like a human tsunami. Overhead, fixed and rotor winged aircraft scramble all over the city skyline while Lane desperately tries to find asylum for his family in an aging apartment complex. From the opening moments of anarchy, the story picks up steam with Lane and his brood being evacuated by special operators to a fleet of Navy vessels housing the remaining military and political decision makers of America. There

he is reinstated as an investigator and begins a journey scouring the globe to find answers and an origin for the flash outbreak of the zombie infection. An issue many of the “World War Z” novel fans may immediately gripe about is the almost total suspension of individual narratives the book was known for. Instead, the writers took some of the most relevant and story-driven accounts from Brook’s work and melded them together to make one complete story audiences could more easily follow. That’s not to say Lane doesn’t encounter some very memorable groups of roughnecks and civilians with stories of their own on his quest for answers. One moving scene involved a unit of Army Rangers holed up in a bunker on the Korean Peninsula, toughing out the raging pandemic. When Lane makes entrance into the facility he is swarmed with city names from the battle-worn Rangers, grasping onto any hope their families made it out. Another great nod to the book was the actions Israel took prior to the outbreak, constructing a massive wall and opening her borders to survivors of any race or religious creed. “Any survivor is one less to fight,” according to them. By the end of the movie, I felt there could have been a little more in the way of individual accounts, but “World War Z” handled the spirit and all-out end of time’s scenario almost as smartly as Brooks did in his book. A valiant effort, and definitely worth a watch.





